

# Hi Cetronia Hedgehogs!

Your children have been doing a wonderful job at school washing their hands and using proper respiratory etiquette. Flu season is right around the corner. Therefore, it's very important we continue to work together to keep everyone healthy. Proper respiratory etiquette, wearing a face covering, and handwashing are 3 things we can all do throughout the school year to ensure we stay healthy.

## Respiratory Etiquette

1. If you are **not** wearing a face covering, cover your mouth and nose with a tissue when coughing or sneezing.
2. If you don't have a tissue, cough or sneeze into your sleeve or elbow.
3. **Do not** cough or sneeze in your hand.
4. Use in the nearest trash can to dispose of the used tissue.
5. Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) after having contact with respiratory secretions and contaminated objects/materials.
6. If your mask gets saturated with nasal mucus from a sneeze or runny nose, change your face covering or clean it (face shield).
7. Pack an extra mask in your child's backpack in case they would need to change it at school. Keep it with a plastic bag for students to place their soiled one.
8. Wear a clean face mask every day.

## Hand Hygiene

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. *Need a timer? Hum the "Happy Birthday" song from beginning to end twice.*
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry them.

